



The Value of Flexibility

Flexibility is a skill that can be learned.

It's amazing to witness the skill with which some individuals around us are able to navigate change. They appear to sail through with what seems to be very little disruption or protest. The good news is that flexibility is a skill that can be learned and practiced in a few steps.

The first step is to examine your overall outlook. Do you look for the opportunities in changing situations or do you tend to cling to the present? Is your glass half-full or half-empty? First recognize that **change is constant**. It is inevitable. Then, begin looking for the "silver lining" in situations in order to help yourself remain optimistic. Having a positive outlook puts you at a major advantage when figuring out how to navigate the always changing environment.

Another step in improving flexibility is showing a willingness to pitch in and help out. Flexible people don't spend a lot of time complaining and worrying

about change; rather, they focus on what they can control and try to make the best of the situation. Taking an active role in the changing environment gives individuals a greater sense of empowerment.

Cultivating and maintaining strong relationships is another step to increasing flexibility. When we have a strong support system, personally and professionally, we have a greater capacity to process change and to receive feedback about how to navigate that change.

The final step is to **view flexibility as a skill** rather than a personality trait. Recognize that we can build on and improve our own flexibility. It is not something we were born with or without. Being flexible can allow a person to have a greater sense of self, an appreciation for the possibilities and a feeling that they will be able to adjust and adapt to the situation, no matter where it takes us.

Your EAP is here to help improve your skills for success, assist you in addressing individual needs and coping with change. Call us or visit EAP4YOU.com today.